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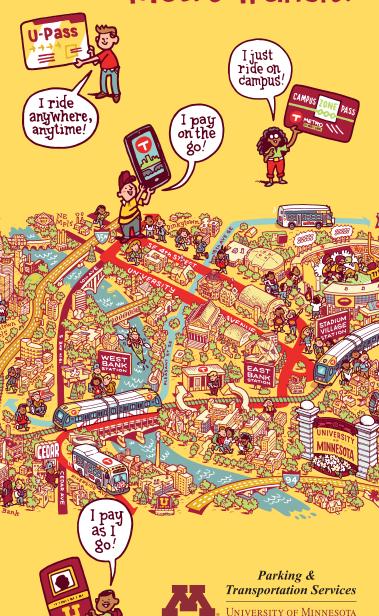
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CITY PAGES COLLEGE CITY GUIDE

Your Unofficial Guide to College in the Twin Cities

By: Gabriella Granada

I was certain of two things when I moved to the Twin Cities for college: (1) I wanted to go to a big school in the Midwest, but (2) I wasn't willing to live in corn fields for four years. That narrowed it down pretty quickly. I took a while to warm up to Minneapolis both literally and figuratively; it was too cold, too spread out, and everyone here used expressions like "ope!" and "uffda!" But the Twin Cities grew on me, and now driving across the river on I-35W and passing the skyline feels familiar and comforting, like coming home.

The Twin Cities is the hidden gem of the Midwest. From bike paths to breweries to music venues to museums, it really is a choose-your-own-adventure place, and this City Pages College City Guide is designed to help you do just that.

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WAYS TO MAKE QUICK CASH

It's no secret that you will be strapped for cash in college, and there are only so many creative ways to spice up a 30-cent package of ramen. Here are some side hustles that will make you a quick buck:

Consignment Shops

Sell that bag of clothes in the corner of your closet that you've been meaning to get rid of. Take advantage of many great thrift stores in the Twin Cities like Gina + Will, Buffalo Exchange, or Rewind. Caution: you will need to exhibit restraint and refrain from spending the money vou've just made on even more clothes while vou're there.

Mobile Marketplaces

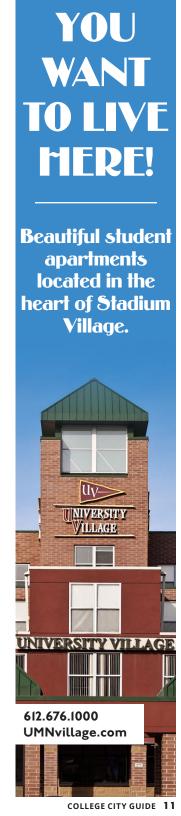
Want to curate and sell items from your closet from the comfort of your dorm? Download clothing resale apps like Poshmark or Depop and start selling!

Dog Walking

Download a dog walking app like Rover or Wag and get paid to hang out with people's furry friends.

Join the City Pages Street Team

Get paid to promote City Pages at events around the Twin Cities! Visit citypages. com to learn more!







SOJOURN campus church



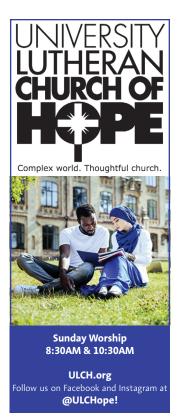
THE BEST THING ABOUT GOING TO COLLEGE IN THE TWIN CITIES IS

the music venues	28%
the bars/breweries	40%
the restaurants	24%
write-in response	8%

WRITE-IN RESPONSE "Genuinely, the people." @PatternOfStatic









TRAVEL THE TWIN CITIES ON A BUDGET



One if by Bus

The bus system here isn't the most reliable, but the unpredictability of when and if the 6U comes is what keeps the magic alive. Also, it's affordable and a much more attractive option than walking when it hits sub zero in the winter.



Two if by Light Rail

This is another form of transit where that UPass will come in handy. Take advantage of the Light Rail. The Green Line cuts through campus takes you to St. Paul. The Blue Line takes vou to Minnehaha Falls, Mall of America, and, if you leave early enough, it'll take you right to the airport, saving vou big bucks on that Lyft.



Three if by Electric Scooter

Another option is to give in to the trend (you know you want to) and download one of the many scooter apps available in the Twin Cities. If men in expensive suits can scooter around downtown durina work week, you can, too. They're a surprisingly cheap and effective way to get around.







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"Buying a bike."

"Dining hall eggs."





"Enduring dorms."





"Organic Chemistry."





"Six-shot Long Islands. Yikes."









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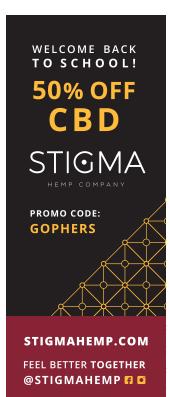
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INSTAGRAMS OF THE TWIN **CITIES**

@placestoworkmsp

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@minneapolisfoodie

Stay in the loop on all the good eats the Twin Cities has to offer, and believe me, there are many. Bonus points if you can scroll through their feed for more than a minute without becoming ravenous.













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CHEAP THRILLS



Take advantage of the great food deals during happy hour at some of your local restaurants! Find me at Alma cafe from 4:30-5:30 p.m. getting a cappuccino and a mushroom hand pie for half off.



Head to your local farmers market.



Hit up the Midtown Greenway, a 5.7mile bike path that connects various neighborhoods and lakes in the Twin Cities.

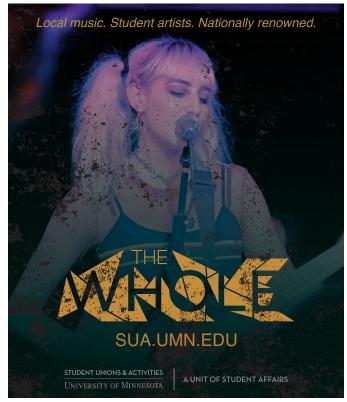
Watch a movie at St. Anthony Main near the Stone Arch Bridge on \$5 on Discount Tuesdays.





Snag student rush tickets for a show at the Orpheum or State Theatre.

Check out a comedy club like Acme Comedy or Brave New Workshop.





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This is the perfect stress reliever. Be sure to look up the nearest free outdoor yoga class near you. Mill City Farmer's Market has a "Market Yoga" class near Stone Arch Bridge through the end of September.

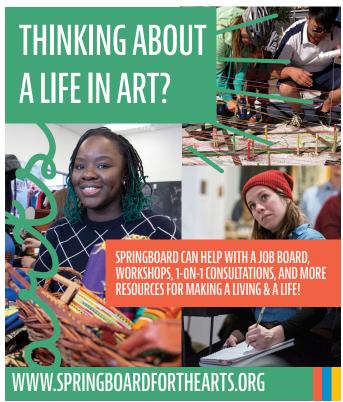
Free Movies in the Park

Set your homework aside for *just* one night and grab a blanket and some friends for movies in the park. Check out St. Paul's "Movie in the Park" series online to view a full schedule and find a park near you. Movies at the Como Midway Picnic Pavilion even have food trucks!

Spend a Day at a Museum

Weisman Art Museum | This stunning, stainless steel building designed by Frank Gehry is perched on the edge of the University of Minnesota's East Bank campus along the Mississippi River. On Wednesdays during the school year, they host study nights including a free snack bar and a pop-up Misfit Coffee stand.

Minneapolis Institute of Art | Home to one of the most extensive art collections in the nation. MIA hosts a reccurring event called "Third Thursdays" that is free to the public and often includes interactive art, live music, and exhibit access.





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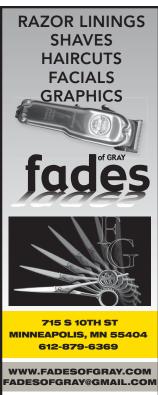
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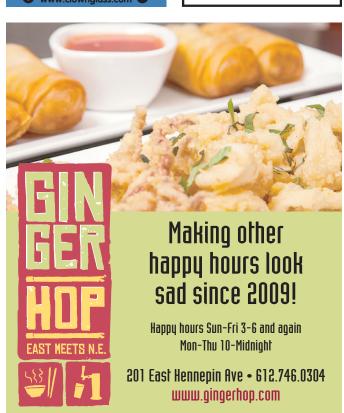
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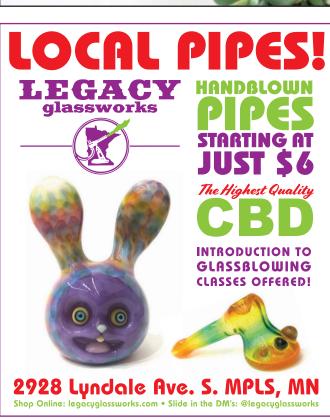














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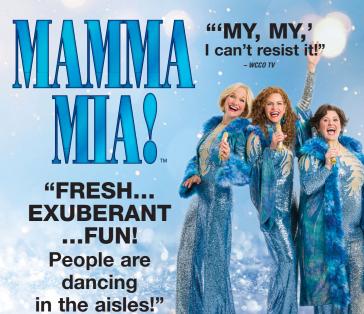


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- Star Tribune



Michelle Barber, Kersten Rodau, Therese Walth





Catch onto the CBD craze in time for college

The dog days are drawing to a close, the Minnesota State Fair is nigh and pretty soon a new crop of students will be filling dorm halls and quads for studies and more than a little fun.

Whether they want to ace classes in a new and challenging environment or maintain a proper eye on mental health, many students across the state should consider CBD products this semester. Thousands of ordinary adults in the U.S. find the non-psychoactive marijuana relative helpful for their focus, insomnia and anxiety.

Preliminary studies have borne out some of the science behind these testimonials based on the compounds interactions with the body's endocannibinoid system, or ECS.

More research is needed to be conclusive, but CBD offers many of the relaxing benefits of marijuana without the mind-altering high.

Getting to sleep with a new, snoring roommate may be a bit easier after a few drops of CBD oil, and many people use it to ease headaches after a hangover, too.

For a large population of college students who haven't been exposed to marijuana before and who might feel pressured in the new campus environment, CBD offers a solution to help relax and focus on academics and extra curricular commitments without feeling pressured.

There are plenty of other reasons for students to try out hemp and CBD products. Student athletes, for instance, may find CBD's anti-inflammatory properties for pain relief during rest periods. Sports with high impact joint stresses, like basketball, are prime examples where CBD is advised.

If you are interested in starting your semester right with CBD but have more questions, visit a Nothing But Hemp location near you to get more info and award-winning, industry-leading products. Nothing But Hemp has locations in Uptown Minneapolis, on Grand Avenue in St. Paul and a spattering of other locations across the state.

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